

Help yourself to better health through other programs

Office of Children with Special Health Care Needs

Arizona Department of Health Services
Division of Public Health Services
(602) 542-1860
www.azdhs.gov

Central Arizona

Arizona Sickle Cell Anemia Program
150 North 18th Avenue, Suite 330
Phoenix, Arizona 85007-3243
(602) 542-1860

Children's Health Center
124 West Thomas Road
Phoenix, Arizona 85013
(602) 406-6400 1-800-392-2222

Northern Arizona

Children's Rehabilitative Services
1-800-232-1018

Southern Arizona

Children's Rehabilitative Services
2600 North Wyatt Drive
Tucson, Arizona 85712
(520) 324-5437 1-800-231-8261

Community Services

Sickle Cell Anemia Society of Arizona, Inc.
1818 South 16th Street
Phoenix, Arizona 85034
(602) 254-5048 1-800-872-4871

- Be Tested
- Invest In Your Heritage
- Use Available Referral Services
- Make Informed Decisions
- Save The Children



FREE:
Education
Testing
Counseling



Sickle Cell Anemia

a major birth defect of the blood



It's A Family Affair

Where Did Sickle Cell Trait Begin?

Sickle Cell is an inherited genetic characteristic in which the hemoglobin of the red blood cells is different. It developed thousands of years ago and provided some protection from malaria. Since there was a high rate of malaria in Africa, Africans have a higher rate of Sickle Cell Trait than other ethnic groups. Hispanics from Mexico, Caribbean Islands, other South American Countries, countries of Mediterranean Sea Coast, and east Asian countries have also inherited Sickle Cell Trait.

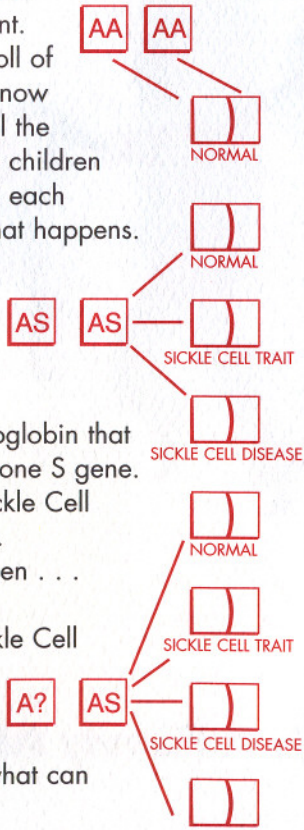


How do you inherit Sickle Cell Trait?

Most people are healthy with blood cells that contain normal hemoglobin that has two A genes. The type of genes inherited is dependent on the genes carried by each parent. Inheritance is like a roll of the dice. You don't know what you will get until the dice are rolled. Since children inherit one gene from each partner . . . this is what happens.

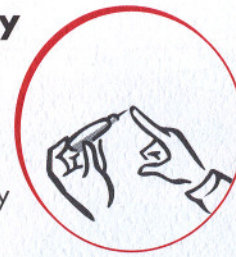
People who inherit Sickle Cell Trait are generally healthy, but have a different kind of hemoglobin that has one A gene and one S gene. If two people with Sickle Cell Trait have a child . . . this is what can happen . . .

If one parent has Sickle Cell Trait and the other has abnormal hemoglobin, such as C, D, E, or F this is what can happen . . .



Testing is the Only Way to Know . . .

if you have Sickle Cell Trait, Anemia or Disease. All it takes is a prick of the finger to draw some blood, a special laboratory test, and then you will know!



SICKLE CELL TRAIT . . . is a genetic condition, generally without apparent illness, caused by inheriting one A gene and one S gene. **AS** In every pregnancy, two partners with Sickle Cell Trait run a 25 percent risk of producing a child with Sickle Cell Anemia; 50 percent chance of producing a child with Sickle Cell Trait; 25 percent chance of producing a child with normal hemoglobin. One in 12 blacks, and approximately one in 45 hispanics, is born with Sickle Cell Trait. Should partners with Sickle Cell Trait have children? The answer is: be tested . . . be informed . . . and make your own informed decisions.

SICKLE CELL ANEMIA . . . is a serious disorder of the blood due to a short life span of sickle shaped cells. There are painful episodes of illness – jaundice, fatigue, leg ulcers, anemia, etc. – for which there is now no universal cure! If one partner has Sickle Cell Trait and the other has Sickle Cell Anemia, there is a 50 percent risk in every pregnancy that the child will inherit Sickle Cell Anemia, **SS** and a 50 percent chance that the child will inherit Sickle Cell Trait. Should these partners have children? The only answer is: be tested . . . be informed . . . and make your own informed decisions.

SICKLE CELL DISEASE . . . may occur if a child inherits one S gene **S** and another abnormal gene **?** such as C, D, E, and F hemoglobin. Symptoms are similar to those of Sickle Cell Anemia but crisis are less frequent, less intense and less disabling depending on percentage of Sickle hemoglobin in the blood. What about having children? Again . . . testing is the only way to know . . . to be informed . . . and to be able to make informed decisions.

Counseling is available to help you . . . and to help you make informed decisions

The Arizona Sickle Cell Anemia Program has created a counseling service to assure confidential assistance – on request! Lay volunteers have been trained to assist families to understand and handle Sickle Cell Trait. Genetic Counseling by medical doctors is also provided to interpret laboratory results, specifics about Sickle Cell illnesses, and information relating to general family health and child bearing. There is no charge for this service and it is completely confidential. Appointment can be made by calling (602) 254-5048, 1-800-872-4871 or (602) 542-1860.

Facts about Sickle Cell

- Sickle Cell Anemia primarily affects African-Americans. It also affects Hispanics, Latins, Italians, Greeks, Southeast Asians and other ethnic groups.
- Sickle Cell Trait is not a disease.
- Sickle Cell Anemia is not contagious.
- A person may have Sickle Cell Disease or Sickle Cell Trait and not know it.
- Sickle Cell Trait never changes to Sickle Cell Anemia or vice versa.
- A simple blood test (finger prick) will determine if you do or don't have Sickle Cell Trait or Sickle Cell Anemia.

What can you do about Sickle Cell Anemia?

- Get information about Sickle Cell Trait and Sickle Cell Anemia.
- Be informed.
- Be tested, Follow-up on your test results.
- Help fight this birth defect.
- Contact your local and/or national Sickle Cell programs.
- Participate in voluntary Sickle Cell Counseling programs.